

GODDESS POWER ORACLE

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Bringing the Trade Show To You – Spring Edition

ABOUT THE ARTISTS: Dean & Dudley Evenson

In 1979, husband and wife team and Soundings of the Planet co-founders, Dean and Dudley Evenson, decided to blend their peaceful music of flute and harp with the sounds of nature and start their own record label. They wanted to carry the message of earth through their music into urban areas where decisions about the planet were being made. This inspiration came to them directly from their contacts with Native American elders and medicine people. They were also motivated to create a more peaceful and meditative form of music that would support yoga and massage and their evolving spiritual path.

(Taken from website: Soundings.com)

When we are seeking a space to meditate or heal, we want to drop down into the next state which is deeper and more relaxed, so we enter the Alpha state. This is when we are awake and alert, but also peaceful, calm, and centered. The Alpha range is around 7-14 Hz and is a very safe state to be in because one is still aware and alert to the surroundings but also open and receptive to being at peace and accessing our more intuitive faculties.

When we want to go even deeper, we drop down into the next state which is called Theta and the frequencies our brains emit at this level are around 4-7 Hz. Theta is the state of deep meditation, inner quiet, and various trance states. Deeper still is Delta at about .5-4 Hz and occurs when we are in deep sleep, or in a coma.

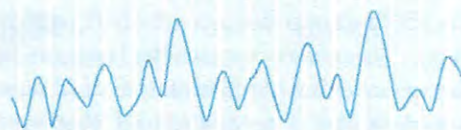
BRAINWAVES



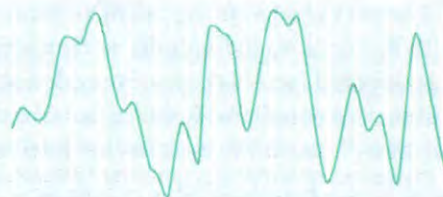
BETA (14-30 Hz)
Rational, Left Brain Thinking, Concentration,
Busy, Active, Awake, Engaged



ALPHA (7-14 Hz)
Peaceful, Calm, Centered, Relaxed,
Healing Receptivity, Dreamy, Light Meditation



THETA (4-7 Hz)
Deep Meditation, Inner Quiet, Trance or
Altered States, Bridge to Subconscious



DELTA (.5-4 Hz)
Deep Dreamless Sleep, Unconscious, Coma

BrainWaves

So how can tuning into the Earth Resonance Frequency help us reach a deeper state of meditation? The easiest way to access the ERF is to spend time in nature away from man-made frequencies such as the 60-cycle hum of electronic devices and other frequencies that are found in cell phones, computers, traffic, and the many transmitters that surround us. It is difficult to experience the ERF in cities with all the modern sounds and noises, so we sometimes add this frequency under the mix of recorded music. The way this works in the recordings is through a process called 'entrainment.'

Entrainment is simply the synchronization of an organism with an external rhythm, essentially two bodies vibrating together. Fast music will entrain us to its rhythms so that we want to dance or move. Music with slower rhythms or no apparent beat can entrain our body to relax, and even positively affect our heart rate, digestive system, and nervous system. That is entrainment on a larger, more physical level. The ERF and other ultra-low frequencies entrain at the more delicate level of our brainwaves, our state of our mind, our consciousness.

Adding the Earth's own natural frequency to our aural ecosystem can be one more pillar of support on our meditation path. While nothing can surpass the peace that comes from simply being in nature, at least having the ERF available can help mitigate the intensity of modernity.

An excerpt from *Quieting the Monkey Mind: How to Meditate with Music*

Earth Resonance Frequency, Entrainment, and Brainwave States

by Dudley Evenson & Dean Evenson, M.S.

Ever since he first learned about the Earth Resonance Frequency (ERF), Dean has included its subliminal vibrations in Soundings recordings. His scientific background led him to appreciate the benefit of mixing this natural frequency under the music as a carrier wave of nature itself. The ERF also happens to coincide with the frequencies our brains emit when we are in the peaceful Alpha or Theta brainwave states. Here's a somewhat technical overview of ERF and how it can influence our inner state of being.

Sound is the vibrational environment that affects our auditory system. The apparent range of audible sound is described as the frequencies of vibration that occur between 20-20000 cycles per second or Hertz (Hz). This extends from very low sounds such as the deep pitched growl of an avalanche, to the very high-pitched whispers of foam on the ocean.

Our physical body is affected by vibrations even when they are below the range of human hearing. One such ultra-low frequency (ULF) is called the Earth Resonance Frequency (ERF). This frequency of our beautiful planet is located fundamentally at 7.83 Hz. There are several factors at play here, and we will share our understanding of the scientific basis of resonant frequency and then explain how that ties in with our states of consciousness and how the ERF or other ultra-low frequencies can support us reaching a meditative zone.

First of all, any space, whether it is a room, a bottle, or a cathedral, has an inherent resonant frequency. If you sing a variety of tones into a room, there will be one primary tone that will sound louder in that specific room. If you blow across the top of a bottle, there will be a tone created that depends on the size and shape of the space inside the bottle. These are the resonant tones or frequencies inherent to the space. A flute is a perfect example since by pressing a key and changing the size of the chamber that air is blown across, the pitch or frequency of the note is changed.

Now let's look at a much larger space – the atmospheric cavity that surrounds the Earth, that spherical donut of air that is between the Earth itself and the ionosphere. This vast space also has its own resonant tone or frequency which happens to be 7.83 Hz. This exact frequency was predicted mathematically by a German physicist and professor named Winfried O. Schumann in the 1950s. What he calculated by using the size of the Earth, the atmosphere, and other factors has since been corroborated via modern instruments.

The Schumann Resonances (SR) are a set of spectrum peaks in the extremely low frequency portion of the Earth's electromagnetic field spectrum and are global electromagnetic resonances generated and excited by lightning discharges in the cavity formed by the Earth's surface and the ionosphere. The primary of these frequencies is always around 7.83 Hz. This frequency also happens to be the wavelength that dolphins, whales, and crickets communicate on. Our nerve cells fire at close to that frequency. From time immemorial, all life systems on this planet have been bathed in this drone of nature's own frequency.

Now let's look at how the ERF relates to us and our meditation practice. As you may know, our brains emit ultra-low frequency sound waves that vary depending on the state of our consciousness. When we are in our busy, rational frame of mind, our brains emit Beta frequencies in the range of 14-30 Hz. This is called our Beta brainwave state, and occurs when we are active and thinking, doing computer work, driving a car, or something that requires left brain or rational thinking. We need to access this state to function in the world on a daily basis.

